Mind Power Quiz WEEK ONE

1) To get results from this training you must:
   A) Only listen to the lecture.
   B) Come in with a clear and open mind.
   C) Be prepared to work for it and do the exercises.
   D) B & C

2) We live in two worlds: The _____ world, and the _____world.
   A) Inner & Outer
   B) Ether & Outgoing
   C) Propaganda & Reality
   D) Material & Non material

3) The world of our *thoughts, consciousness and reactions* is our: _____ world.
   A) Inner
   B) Outer
   C) True
   D) False

4) The world of *events, circumstances and situations* that happen to us is our: _____world.
   A) Inner
   B) Outer
   C) True
   D) False

5) The Outer World harbours what emotions:
   A) Fear
   B) Love
   C) Worry
   D) None of the above

6) Things happen to us in the Outer World, but we _____ them in the Inner world.
   A) Ignore
   B) Experience
   C) React to
   D) Laugh at

7) We can think whatever thoughts we choose:
   A) True
   B) False

8) Everything in our universe is governed by laws except:
   A) The things that happen to us
   B) The speed of sound
   C) The planets revolving around the sun
   D) None of the above

9) You are the cause of _____ that happens to you in your life.
   A) Nothing
   B) Everything
   C) The good things
   D) The bad things

10) Life is always _____ you according to your own personal _____.
   A) Ignoring / Dramas
   B) Responding to / Vibration of energy
   C) Listening to / Musical taste
   D) Responsible for / Choices

11) Accepting responsibility for your own life gives you an immense amount of:
   A) Power
   B) Money
   C) Time
   D) Anxiety

12) As we change our thoughts, beliefs and vibration of energy, life changes to match the new vibration of energy.
   A) True
   B) False

13) Is there an effect of thinking thoughts?
   A) Sometimes.
   B) Only when I am aware of them.
   C) Yes. Even when I am unaware of them.
   D) No, thoughts have no effect.

14) Thoughts are real forces:
   A) True
   B) False

15) The Law of _____states that the mind is sending and receiving station of thought.
A) Transmission
B) Attraction
C) Insertion
D) Connection

16) The Law of_____ states that thoughts that are thought with emotion become magnetized and attract similar and like thoughts.
A) Transmission
B) Attraction
C) Insertion
D) Connection

17) We have the power and the ability to either entertain thoughts or dismiss them.
A) True
B) False

18)The Law of _____ states that we have the power and ability to insert any thought of any type into our minds.
A) Insertion
B) Attraction
C) Connection
D) Transmission

19)The Law of_____ states that the Inner & Outer worlds are connected.
A) Insertion
B) Attraction
C) Connection
D) Transmission

20) What are the features of the conscious mind:
A) It is in constant motion – always thinking thoughts.
B) It is the Great Trickster – your own mind tricks you, fools you and limits you more than you can imagine.
C) There is a lot of useless thought going on inside us (fear, anxiety, negatives, etc)
D) All of the above.

21) It makes all the difference to your *conscious mind* if you think constructive or destructive thoughts.
A) True
B) False

22) Your negative thoughts get their power from:
A) Your enemies
B) Your friends
C) Your environment
D) You

23)What are some techniques for eliminating negatives from your consciousness:
A) Cut it off and Label it as a negative thought
B) Exaggerate it into ridiculousness
C) Counteract it with the complete opposite
D) All of the above

24)You don't get to experience the power of your thoughts until you _____ your thoughts.
A) Ignore
B) Once in a while pay attention to
C) Concentrate
D) Tell people

25) Contemplation is _____ your mind to think about something.
A) Disciplining
B) Rarely telling
C) Reminding
D) Ignoring

26) Every one of our thoughts is a form, and an energy and is having an effect on our life.
A) True
B) False

27) Any negative thought that is persisting in your mind, is there because:
A) You were having a bad day
B) The people around you are always negative
C) You can't control your negative thoughts
D) You are allowing it to be there

ANSWERS:

1) D
2) A
3) A
4) B
5) D
6) C
7) A
8) D
9) B
10) B
11) A
12) A
13) C
14) A
15) A
16) B
17) A
18) A
19) C
20) D
21) B
22) D
23) D
24) C
25) A
26) A
27) D

Exercises for WEEK ONE

1) **Contemplate ALL 6 Laws**

Every day spend 5 min contemplating the 6 laws. Write down any insight that comes to you.

2) **Choose one law per day**

Every day spend 5 min contemplating ONE law. Change to another law each day. Discipline your mind if it wanders.

3) **Contemplate**

Every day spend 5 min contemplating*:*

"I am in possession of an amazing instrument of power that is transforming my life now that I am learning how to use it."

4) **Contemplate**

Every day spend 5 min contemplating*:*

"My personal vibration determines the circumstances and situations that happen to me. My thoughts and my beliefs create my personal vibration."

5) **Self Observation**

Suddenly and unexpectedly observe your thoughts throughout the day.

6) **Weeding out of the negatives**

Whenever you find yourself feeling a negative, use one of the techniques for weeding negatives.

7) **Go over your NOTES**

Every day spend 5 min going over your notes. DO THE EXERCISES.

**Charting: Put a checkmark in the box when you have completed each exercise.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Exercise 1							
Exercise 2							
Exercise 3							
Exercise 4							
Exercise 5							
Exercise 6							
Exercise 7							

(Charting is an important part of the training.; it allows you to visually monitor your training.)

6 LAWS OF THE MIND

1

Thoughts are real forces

Every thought is a force, and an energy and is having an effect in your life.

2

Law of Transmission

The mind is a sending and receiving station of thought.

3

Law of Attraction

Thoughts that are emotionalised become magnetised and attract similar and like thoughts.

4

Law of Control

We are forever experiencing thoughts, but we have the power and the ability to either entertain these thoughts or dismiss them.

5

Law of Insertion

We have the power and the ability to insert any thought of any type into our minds.

6

Law of Connection

The inner and outer worlds are connected.